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NEWS
WORTH
SHARING.

Haunted house: 'Go big' screams 'or go home'

Dartmouth family using Halloween spirit to fight autism **PAGE 6**

\$55M suit against CBC includes defamation

Fired radio star Jian Ghomeshi alleges breach of confidence **PAGE 10**

Royals relying on rookie to be Game 6 saviour

Yordano Ventura, 23, given key start against Giants Tuesday **PAGE 18**

'HEARTBREAKING' DAY IN HAMILTON

CPL. NATHAN CIRILLO'S FUNERAL SET FOR TUESDAY, WHILE TOP MOUNTIE SAYS THEY HOPE TO MAKE OTTAWA SHOOTER'S VIDEO PUBLIC 'SOMEDAY' **PAGE 8**



EAST COAST-ING ALONG

Alex MacLean of East Coast Lifestyle speaks to media after a news conference at Alexander Keith's in Halifax on Monday. East Coast Lifestyle and Keith's have formed a partnership that will see the clothing line put T-shirts in 28-packs of the popular beer. Story, page 3. JEFF HARPER/METRO

Moncton shooter wanted to start a rebellion: Hearing

Sentencing. Justin Bourque should have parole ineligibility set at 75 years while serving life sentence for three counts of first-degree murder, two counts of attempted murder, says Crown



An artist's sketch shows the sentencing hearing for Justin Bourque Monday.
CAROL TAYLOR/THE CANADIAN PRESS

Justin Bourque told police the main reason he fatally shot three Mounties and wounded two others was that he was attempting to start a rebellion against an oppressive, corrupt government that he insisted was squelching the freedom of most Canadians and serving only the rich, his sentencing hearing heard Monday.

Crown lawyer Cameron Gunn began laying out his case

that Bourque, 24, should have his parole ineligibility set at 75 years while serving a life sentence for three counts of first-degree murder and two counts of attempted murder.

"He targeted them specifically because of who they were, what they did, the badge they carried, the flash on their shoulders, the uniform they wore," Gunn told the Court of Queen's Bench.

Later in the day, the Crown

showed a three-hour video recorded at the RCMP detachment in Sackville, N.B., where Bourque admits soon after his arrest on June 6 that he planned to kill as many police officers as he could.

From there, Bourque rambles on about threats posed by the Russians and the Chinese, social engineering, bullying, tyrants, social decline, climate change, his strict Catholic upbringing and something called the "black curtain."

"There's a big class war, big time," he says.

An agreed statement of facts previously filed with the court says Bourque's actions were both "planned and deliberate" when he used a Poly Technologies M305, .308-calibre semi-automatic rifle to kill constables Dave Ross, 32, Fabrice Gevaudan, 45, and Douglas Larche, 40. Constables Eric Dubois and Darlene Goguen were also wounded. **THE CANADIAN PRESS**



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LGBTQ reporting

Metro Halifax reporter wins Raymond Taavel Media award

A Metro Halifax reporter will be recognized at the 2014 Community Heroes Awards, to be presented by the Nova Scotia Rainbow Action Project this week.

Haley Ryan will receive the Raymond Taavel Media award, named for well-known local gay rights advocate Raymond Taavel, who was beaten to death on Gottingen Street in April 2012.

A news release issued Monday states that Ryan is receiving the award for "her sensitive approach to issues of sexual orientation and gender identity, including stories of LGBTQ parenting and the murder of Raymond Taavel."

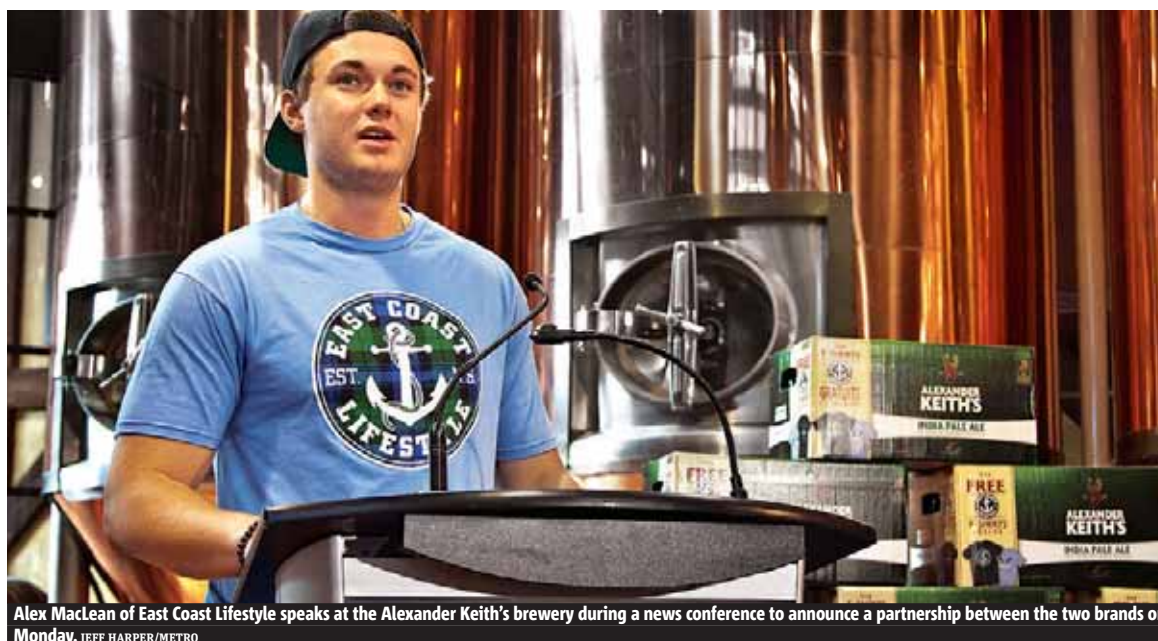
Ryan wrote several pieces in July 2014 related to issues facing the LGBTQ community for a national Metro feature on the Pride movement, and for the Metro Halifax feature "Pride in our City."

The awards will also honour Scott Jones, the New Glasgow musician who lost the use of his legs after a stabbing that he has said was driven by homophobia, and Leighann Wichman, a founding member of The Youth Project, who passed away unexpectedly earlier this month.

The 2014 Community Heroes Awards will be presented Oct. 29 at the Company House. **METRO**



Haley Ryan METRO



Alex MacLean of East Coast Lifestyle speaks at the Alexander Keith's brewery during a news conference to announce a partnership between the two brands on Monday. JEFF HARPER/METRO

Keith's brews deal with local clothier

Cheers. Brewery working together with East Coast Lifestyle

STEPHANIE TAYLOR

halifax@metronews.ca

Beer drinkers will get a little bit extra next time they pick up their Keith's.

During a news conference Monday, Alexander Keith's Brewery announced a new partnership with the widely popular East Coast Lifestyle clothing brand, to offer exclusive T-shirts in 28-packs of their brew.

The deal begins next month. "Alexander Keith's is an iconic name in Nova Scotia. East Coast Lifestyle, although a much more recent example, is also a major success story," Chad Patterson, a sales spokesman for Labatt breweries, said Monday.

"This partnership brings those two brands together."

Although Patterson said stuffing merchandise into beer cases is nothing new, he said these T-shirts are an exception. He explained that the international success of the Halifax-based company has come from the high-quality of their product.

Founder and owner of East

Coast Lifestyle, Alex MacLean, explained the design of the exclusive T-shirts combines the brand's anchor logo with the historic green and blue tartan of the Keith's family name.

The T-shirts — which are only available with the beer — come in either a light blue or dark grey, and also feature a new design with a set of crossed paddles, which MacLean said signifies the nautical history of the Maritimes.

"After starting this brand about a year and half ago, I would never have thought to be part of such a great brand like Alexander Keith's," he said.

MacLean got his big start in the clothing business as a stu-

dent at Acadia University when he designed the now world-famous logo for a class project.

Labatt's spokesman Wade Keller said he believes the new partnership will drive home the point that Alexander Keith's is indeed a Nova Scotia company — something he said most people have forgotten.

"It's quite honestly offensive to think they're not a local company," he said.

Even though the ownership of the brewery has moved out of the region, he said all of the beer drank on the East Coast is still brewed locally in Halifax's Oland Brewery by close to 160 workers who call the province home.

1 NEWS

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Court. Lawyer accused of human trafficking has case adjourned

The case of a Sackville lawyer who stands accused of human trafficking and prostitution-related charges was adjourned on Monday in Kentville provincial court.

Duane Rhyno, 46, of Lower Sackville, faces charges of human trafficking, financial gain from human trafficking, aiding and abetting prostitution, living off the avails of prostitution, and sexual assault.

He was arrested and charged on Oct. 1 after Kings County District RCMP received information from Greenwich residents in Hants County around early July about suspected prostitution at a local hotel.

RCMP say evidence was found to support human trafficking and prostitution-related charges involving a 46-year-old man and 26-year-old female victim, believed to be from the Halifax area.

Officers say they do not know how long the alleged prostitution had been happening before the start of the investigation, but the case doesn't



Duane Rhyno KINGS COUNTY REGISTER

appear to be part of a larger ring and there seems to be only one victim.

On Monday, neither Rhyno nor his lawyer, Halifax-based Craig Garson, were present in court.

Legal-aid lawyer Ken Greer spoke on Garson's behalf, and asked the court for an adjournment to allow Garson to review the disclosure relevant to the charges.

Judge Alan Tufts agreed to the request for continuance. The parties are set to appear in court Dec. 22.

KINGS COUNTY REGISTER



Senior hurt in pedestrian collision

An elderly woman was injured after being struck by a truck while crossing Portland Street in downtown Dartmouth on Monday morning. Police say the 83-year-old victim was taken to hospital with non-life-threatening injuries, while the 42-year-old driver of the truck wasn't hurt. Police are still investigating and there's been no decision on possible charges. JEFF HARPER/METRO

Dartmouth. Shed fire believed to be arson

Police are investigating what they believe to be a deliberately-set fire in Dartmouth.

Just before 10 p.m. Sunday, officers arrived at a home in the 0 to 100 block of Primrose Street and found a shed in the backyard on fire.

Officers were able to quickly put the fire out without any damage to the shed, a police release states.

No one was injured and police are now investigating the case as a likely arson.

METRO

Review

Highway section to be studied amid safety concerns

A portion of Highway 104 will undergo a safety review following calls for the road to be twinned.

Transportation Minister Geoff MacLellan says the government is aware of concerns from residents who travel along the 37-kilometre stretch that connects Antigonish and Sutherland's River.

Joe MacDonald, the volunteer fire chief in Barney's River, has started an online petition urging the government to twin that portion of the highway. He says there have been 14 fatal crashes on that stretch since 2009. THE CANADIAN PRESS

Coming in 2015

Replacement ferry purchased for Bay of Fundy service

Ottawa has agreed to purchase a ferry for the Bay of Fundy service between New Brunswick and Nova Scotia at a cost of \$44.6 million.

The MV Blue Star Ishtaki, purchased from a private ferry operator in Greece, is expected to replace the MV Princess of Acadia in 2015 after the vessel is modified to meet Canadian safety standards.

Bay Ferries Ltd. operates the year-round service between Saint John and Digby.

The federal government says it has spent \$38 million in support of the service since 2006.

THE CANADIAN PRESS

Industry. Savage defends city's talks with company over shipyard taxes

The mayor of Halifax is defending new legislation addressing tax rates for large industrial properties such as the Irving Shipyard, saying no one will be getting a break.

"This is not us giving money to Irving; this is us getting money from Irving," said Mayor Mike Savage on Monday.

The province tabled amendments to the city's charter on Friday that will allow the municipality to negotiate and settle on property taxes for heavy industrial properties.

Savage said the city had already been in discussions with Irving officials over taxes on the Irving Shipyard, but the authority for final approval rests with

Quoted

"So far, what has been given back to the community? The federal government's given (Irving) billions, the provincial government's given them hundreds of millions and so far, they haven't named a rink, a stadium, a community centre, nothing."

HRM Coun. Tim Outhit

the province.

Savage said taxes are difficult to assess on a single-use property such as the shipyard, and the amendments allow the city and Irving to negotiate a tax rate considered fair to both sides, rather than resorting to expensive and protracted litigation.

"We're getting increased property tax, which is important for the city, and as much as we can control that and make it reliable and predictable over a period of time is good for the city," he said.

Savage said discussions have been focused on a multi-year deal that would be tied to full-time job creation.

The final package will be subject to council's approval, but at least one councillor said he's not happy with the province providing legislative authority on such a specific point.

Coun. Tim Outhit said the city is waiting for other charter amendments that might permit a small business tax rate, for example, or density bonus to encourage development in urban areas.



Mayor Mike Savage METRO

"I'm going to have a real problem if Irving or even industry, per se, jumps the queue while we really need to look at legislation to help us to do all sorts of things," he said.

Outhit said if the province isn't able or willing to act on the other legislative amendments HRM has asked for, he would rather the city be left out of dealing with the Irving property taxes.

"If the province really feels that Irving deserves (a tax break), they can do like was done in the past for Imperial Oil," he said. "Or just give us broad legislation that says we can do what we want to provide incentives."

RUTH DAVENPORT/METRO

Woman dies in head-on highway accident

A 40-year-old woman is dead after a head-on crash Monday morning between a car and transport truck on Highway 103.

The accident happened at

9:50 a.m., between exits 11 and 12 in the community of Oakhill, Lunenburg Co.

The driver of the car is the person who died in the crash, says RCMP spokesman

Sgt. Al LeBlanc.

Police identified her as Janet Joanne MacNeil from Mahone Bay.

The driver of the transport truck wasn't hurt.

Accident investigators were expected to remain on scene throughout the night with the section of highway closed to drivers.

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Gore and guts for a good cause

'Go big or go home.'

Haunted House in Dartmouth raising money for Autism N.S.

STEPHANIE
TAYLOR

halifax@metronews.ca

Jill Babcock is all smiles as she stands next to a duct-taped body of her husband, who hangs from a ceiling in a room smeared with phoney blood.

"When I duct-taped his head, he wasn't very keen," she says, describing how her hubby, Andy, played model for one of the many props used in their family's haunted house, built in their front yard.

Fifteen-year-old son Jarod follows his mother through the multiple rooms of gore and guts at the family's Dartmouth home, and explains that everything will seem real once the chainsaw gets going.

Halloween spirit has always been a big part of the family's life, ever since Jill and Andy met while building a neighbourhood haunted house project nearly 20 years ago.

Five years ago, they decided to construct their own house of horrors. But Babcock said the months of prep work needed beforehand turned out to be too much for a single night, so they decided last year "it was go big or go home," and hosted a week-long event.

They also wanted the scares to benefit a good cause — besides plain old fun — and



Andy, Jarod and Jill Babcock demonstrate a part of their elaborate haunted house on Oakwood Avenue in Dartmouth on Monday. JEFF HARPER/METRO

chose to raise money for Autism Nova Scotia.

Supporting the organization was a clear choice, Babcock explained.

Many of the students she works with as an educational assistant at Dartmouth High School are diagnosed with the disorder, as is her son Jarod.

"That made the cause pretty dear to us," she said Monday.

Last year, the family raised nearly \$2,700 through ticket sales and donations from nearly 600 visitors.

This year, Babcock hopes

Information

The haunted house, located at 40 Oakwood Ave. in Dartmouth, is open from 6:30 to 9:30 p.m. until Halloween.

both attendance donations will double, with admission price set at \$10.

And she believes it's well worth the money — if not for the cause, then for the fun. Quarantine is this year's theme, Babcock said, and de-

scribed how visitors will be led through a nightmarish vision of deranged surgeons, gigantic spiders, tunnels of darkness and a human meat freezer.

"We did not know about Ebola when we planned this," she said, laughing.

Although Babcock hasn't lost her Halloween spirit yet, she said between managing student volunteers and dealing with unpredictable weather, running the haunted house feels like a "full-time job."

"But it's absolutely worth it."



Jill Babcock adjusts part of the Haunted House before showtime on Monday. JEFF HARPER/METRO



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Free movie night at Halifax Public Gardens to feature Ghostbusters

Who you going to call about this exciting news?

The city announced Monday that the first-ever outdoor movie night at the Halifax Public Gardens is taking place this Thursday and will feature the showing of the hit film Ghostbusters.

The movie will be shown on a screen set up between the Horticultural Hall and the bandstand, a release from HRM states.

It doesn't cost anything to go.

The movie will start at 7 p.m. and the city is advising anyone who wants to go to get there early, as the weather-dependent event can only accommodate 400 people (if you want a seat on a bench, that is).

People are also encouraged to bring their own chairs — and snacks, of course.

If rain is in the forecast, HRM says a decision will be made by noon Thursday about whether the event will be cancelled. **METRO**



The Public Gardens METRO FILE



A golden opportunity to take in the autumn splendour at Point Pleasant Park

A woman and her dog take a stroll through Point Pleasant Park under a blanket of fall leaves on Monday. Temperatures reached a high of only 9 C, and Environment Canada is calling for partly cloudy skies until Thursday. JEFF HARPER/METRO

Cadet receives 'heartwarming' support for guarding cenotaph

Act of remembrance.

15-year-old Ceilidh Bond honours Nathan Cirillo, killed at National War Memorial, by carrying on his duty at home

Ceilidh Bond is amazed that her simple act of remembrance has touched so many people.

"I never expected to have this kind of impact at all," said the local army cadet during a break from classes at Memorial

High School on Monday.

Bond, 15, has been standing guard outside the cenotaph at Legion Memorial Park in North Sydney for a few hours each day since Saturday. It's her way of remembering and honouring 24-year-old Cpl. Nathan Cirillo, of Hamilton, Ont., who was shot and killed on Wednesday while on ceremonial duty at Canada's National War Memorial in Ottawa last week.

"I thought that I needed to do something to remember him and let the people know that he wasn't going to be forgotten," she said.

As a member of the 1917 Vimy Ridge Cadet Corp in Florence, Bond is a Cape Breton Highlanders army cadet. Cpl. Cirillo was a reservist serving with the Argyll and Sutherland Highlanders of Canada regiment.

"He was a Highlander and my cadet corp are also Highlanders," said Bond. "It hits us very hard to know that one of our own has passed away and I thought that it would be a very good idea to carry on his guarding at my own local cenotaph."

Bond said she was in math class last Wednesday when she

Quoted



"What I did this weekend is what I want to do for the rest of my life — guard my country and keep it safe."

Ceilidh Bond

heard about Cpl. Cirillo's death.

"I had to go to the washroom because I was so upset that it happened and I wasn't

able to stay in class," she recalled. "I was so emotionally heartbroken that someone would even do that — and on a war memorial, as well."

Almost a week later, Bond said she is touched by how many people have viewed and shared her story on various online sites and forums.

"I couldn't believe how many comments and views there were. It was absolutely heartwarming to know that I moved and touched so many people," she said.

She said she's also received notes from people across the

country who say she's inspired them to do the same thing at their local cenotaph.

As a precaution, cadets across the country have been asked not to wear their uniforms unless at officially sanctioned and supervised events, as well as to and from home to the events.

But Bond said she felt it was very important to wear her full cadet uniform at the cenotaph.

"I encourage cadets to follow by that rule because it is a safety precaution, but it is also my decision to wear it out," she said. **CAPE BRETON POST**

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That's all, folks: Toronto says no to Ford more years

Mayoral race. John Tory's victory over Doug Ford effectively concludes chaotic, oft-surreal campaign

John Tory has been elected mayor of Toronto. The Ford era is over.

Tory promised "sensible, competent, accountable" leadership after four years of scandal and upheaval under Rob Ford. His win over Doug Ford and Olivia Chow, as The Canadian Press reports — much narrower than predicted by recent opinion polls — is a repudiation of the siblings whose behaviour outraged most of the city. It heralds a return to normalcy in local government.

Tory, who launched his campaign in a distant third place, took the lead for good three months ago. But the steady polling trend line belies the mayhem of a campaign in which the celebrity incumbent left the city for two months to

receive treatment for drug and alcohol addiction, was diagnosed with a rare cancer, and was replaced on the ballot by his brother a mere 45 days before the vote.

Tory rose on the strength of his centrist good-government message, pleasantly staid personality and a single signature policy proposal, the SmartTrack surface rail line he claimed would "solve" the city's traffic congestion problem "quickly."

With the help of endorsement upon endorsement from members of the provincial Liberal caucus, the former Progressive Conservative leader beat Chow, a former New Democrat MP, in the critical battle for middle-of-the-road voters.

Rob Ford will remain mayor through November. Tory, 60, will become Toronto's 65th chief magistrate on Dec. 1.

Tory still will have to deal with his very famous antagonist in council chambers. Rob Ford was elected to his former Etobicoke North council seat despite his inability to campaign.

Doug Ford's defeat effective-

ly concludes the chaotic and oft-surreal period in which Toronto became a fixture on late-night U.S. comedy shows — Ford was lampooned by HBO's John Oliver for four minutes the night before the election — and the mayor was the world's most famous municipal politician.

Doug Ford, a conservative councillor and a businessman, ran a heavily negative and frequently dishonest campaign focused on Tory, whom he called an establishment "elite" figure disinterested in "the common folk."

Adopting much of his brother's successful populist rhetoric, Ford presented himself as a champion of low taxes, subways and suburbanites neglected by city hall.

Strategic anti-Ford voting appeared to be a significant factor in the outcome. When fourth-place candidate David Soknacki dropped out of the race in September, he said the election had turned into a "referendum on Rob Ford" rather than a clash of ideas.

TORSTAR NEWS SERVICE



Ford brothers Doug, left, and Rob in the Ford home in Etobicoke Monday, after the mayoral election results were announced. TORSTAR NEWS SERVICE

RCMP to release Zehaf Bibeau video 'someday': Top Mountie



RCMP Commissioner Bob Paulson THE CANADIAN PRESS

The country's top Mountie says it's his hope to "someday" release to the public a video left behind by the gunman in last week's attack on the National War Memorial and Parliament Hill.

RCMP Commissioner Bob Paulson says the video made by Michael Zehaf Bibeau contains evidence that the shooting was driven by political

and ideological motives.

And he says while the video is still being analyzed by police, it's his hope that it will eventually be released to the public.

"We're interested in getting that before the public, but we're interested in making sure that we have secured — and are confident in — its intelligence and evidence

value," Paulson told a Senate committee. "It will certainly someday be released.... I really am inclined to overcome those challenges and get it released as soon as possible."

In the video, Zehaf Bibeau says he will act in the name of Allah in response to Canada's foreign policy, a source close to the investigation said.

THE CANADIAN PRESS

Funeral

A public visitation for reservist Cpl. Nathan Cirillo was held Monday at a funeral home in Hamilton. A regimental funeral is set for Tuesday, and Cirillo is to be buried in a field of honour at a Hamilton cemetery.



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Ghomeshi's \$55M lawsuit against CBC alleges breach of confidence

BDSM. Former radio show host claims he was terminated because of 'possible negative public perception'

Lawyers for radio star Jian Ghomeshi made good Monday on their promise to launch a lawsuit against the CBC, alleging breach of confidence, bad faith and defamation by the public broadcaster.

Ghomeshi, 47, is seeking \$55 million from the CBC, according to the lawsuit, plus special damages.

The suit says "the claim is the result of the CBC misusing personal and confidential information provided to it in confidence and under common interest privilege."

On Sunday, the CBC said it was severing ties with Ghomeshi because of "information" it had received about the Q radio show host. Lawyers from Dentons Canada LLP then announced their intention to sue the CBC on Ghomeshi's behalf.

Shortly after that, Ghomeshi posted a long Facebook message saying he had been fired by the public broadcaster for his "sexual behaviour." In the post, Ghomeshi explained that he liked to engage in rough sex, but said it was always consensual. He said he told the CBC about his sexual preferences after he became aware that a freelance writer was looking into allegations that he'd engaged in non-consensual "abusive relations."

Over several months, Ghomeshi provided CBC representatives with private information, including details of his sexual relationships, according to the suit. The broadcaster "assisted in drafting responses to media enquiries, as well as press releases to be issued on Mr. Ghomeshi's behalf, if it became necessary to do so," the suit says. **THE CANADIAN PRESS**



The Canada-wide response to the weekend saga between CBC and radio host Jian Ghomeshi was so thunderous, our neighbours to the south felt the reverberations. CBC/THE CANADIAN PRESS

Ghomeshi stickhandles scandal with Facebook

While Canadians digest the news of Jian Ghomeshi's abrupt dismissal from the CBC over the weekend — and decide whether allegations of violence made public by The Toronto Star justify it — one expert says the embattled host has already won the PR battle.

Toronto-based digital communications strategist Taylor Mann told Metro Ghomeshi's swift response to the news of his firing through his Facebook page — hours before details of the allegations came to light — has left him in control of the story's arc.

"Everything is now framed around, first of all, his firing but also his 'sexual preferences' whereas if this was broke by a national newspaper it would have been framed 'Canadian celebrity is sexually aggressive with women,'" explained Mann. "Because he got out there first he has (controlled) and will continue to control the narrative."

With public relations powerhouse Navigator, hired to help Ghomeshi manage the

Masters of spin

PR firm Navigator is no stranger to high-profile cases. Its list of clients includes former Prime Minister Brian Mulroney, who enlisted the firm's help while he faced public scrutiny during the Airbus affair.

- In 2009, former Ontario attorney general Michael Bryant hired Navigator after an altercation on a Toronto

street resulted in the death of cyclist Darcy Allan Shepard. Bryant was charged with dangerous driving causing death, but the charges were later withdrawn.

- Navigator's chairman is Jaime Watt, a former strategist with the Ontario Progressive Conservative party whose past includes a conviction for fraud.

crisis, Mann said he is under no illusions the Facebook post was organic.

"It was meant to look very much like he sat down on a laptop and just wrote his thoughts out ... but this is clearly a very well-executed strategy on their part," he said.

Siri Agrell, vice-president of public relations giant Pilot PMR, said she believes Ghomeshi's choice to go on the offensive, portraying his accusers as conspiratorial and

"jilted," will do more harm in the long run.

"I would hope Jian and Navigator would reflect on their strategy ... If the ramifications are making it unsafe for women to come forward, you really need to think about how you're approaching this."

"Fundamentally, if you attack women who say you hit them, you're not going to get public opinion on your side."

SHANE GIBSON/METRO IN WINNIPEG
WITH FILES FROM LUKE SIMCOE

Modern rape culture

WHY DON'T VICTIMS OF SEX ASSAULT GO TO POLICE?

If a tree falls in the forest and no one files a police report — did it make a sound?

Some of the thousands of people weighing in on the Jian Ghomeshi affair seem to be convinced that if a woman who has been sexually assaulted doesn't go to the police with her allegations, she couldn't possibly have been assaulted.

Setting aside for a moment the weird paradigm under which police reports dictate reality, let's just think about the horrifically intimate crime of sexual assault. Think about being groped, molested and raped, and then think about whether you'd want to give the detailed play-by-play to a whole stable of complete and mostly male strangers. Think about having to relive the encounter over and over as you make your way through the courts, facing down thinly veiled skepticism and often open judgment along the way.

As a reporter and feminist, I encounter the treatment of sexual assault victims on a pretty regular basis. I've been in courtrooms where defence lawyers have sneeringly cast a woman's behaviour in the worst possible light. I've bitten my tongue when male police officers dutifully warn women to never walk alone at night without ever telling men to not rape women who are walking alone at night. I've been in heated debates over girls-only dress codes in schools and the message that's sent to young men when they're not told that women aren't their toys, regardless of their clothing — or lack thereof.

I don't know what the truth is in the Jian Ghomeshi affair. I do know that dismissing any woman's allegation simply because she hasn't gone to the police is laughably simple-minded, and yet I've seen plenty of friends and associates espouse this flawed logic. Without hearing directly from anyone but Ghomeshi himself, they have responded with incredulous, wounded outrage, savagely puritanical indignation, derision and finger-pointing at these women — and then they ask why the women wouldn't go public.

Just consider for a moment the bile spewed at Jennifer Lawrence, who had the nerve to have nude photos of herself on her phone. She didn't accuse anyone of rape, but for having naked pictures she was labelled a slut. Consider Robin Williams' daughter, who was bombarded with graphic altered photos of her famous father after his suicide. Think of Janay Palmer, the wife of Ray Rice, who was subject to questions about having provoked that elevator punch, and then characterized as a gold-digger because she didn't leave her husband.

Women, it seems, must always have an agenda. We don't actually slap scarlet letters on them anymore, but thanks to the Internet, women who accuse a man of any kind of misbehaviour risk having not only their identities exposed and publicized, but also an eternal water-torture drip-drip-drip of daily character assassination.

Refusing to file a formal complaint — the decision made by approximately nine of every 10 sexual assault victims — isn't a case of modesty or manipulation. It's simple survival. And modern rape culture is thriving on it.



RUTH DAVENPORT
Metro in Halifax

Online

For the latest updates, go to metronews.ca.

- Adult store owner breaks down BDSM.
- Can someone get fired for something in the bedroom?



Kidnappings lead to doubts about ceasefire

Nigeria. In days since truce with Boko Haram announced, at least 70 youths have been taken

Dozens of girls and young women are being abducted by Islamic extremists in northeast Nigeria, raising doubts about an announced ceasefire and the hoped-for release of 219 schoolgirls held captive since April.

On Oct. 17, Nigeria's military said a ceasefire had been agreed to with Boko Haram and ordered troops to comply immediately. Officials said the ceasefire would lead to the speedy release of the girls kidnapped from a boarding school in the remote northeastern town of Chibok on April 15.

But there have been a number of kidnappings and battles since then that call the ceasefire into question.

At least 70 young women and teenage girls and boys have been kidnapped in Borno and Adamawa states since Oct. 18, according to local government chairman Shettima Maina and residents who spoke on condition of anonymity because they feared retribution.

The insurgents have also launched several attacks since the ceasefire was announced. On Friday, a multinational force including troops from Nigeria and Niger engaged in fierce



In this May 19 photo, Martha Mark, the mother of kidnapped schoolgirl Monica Mark, cries as she displays her photo in the family house in Chibok, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

fighting to regain control of Abadam, a town held by Boko Haram on the western shores of Lake Chad.

Ten days after the announcement, Boko Haram has not indicated that it has agreed to a truce.

Nigeria's minister of foreign affairs, Aminu Wali, said Monday that Boko Haram has denied recent kidnappings and suggested it might be the work of dissidents wanting to

break the ceasefire. He said the release of the Chibok girls is part of ongoing ceasefire negotiations, which would not be affected by the latest abductions.

"There is still negotiation going on and we expect a lot of progress to be made ... and we will make an effort also to bring back those that have been kidnapped," Wali told a news conference in Abuja, Nigeria's capital.

He spoke alongside the for-

eign ministers of Germany and France, who announced a joint initiative to help victims of Boko Haram.

"Thousands of people have become traumatized by the violence," said Laurent Fabius of France, announcing joint financing of "a program for the support of these people and to help them overcome the trauma and the psychological distress that they have suffered."

THE ASSOCIATED PRESS

Ebola. Symptom-free nurse leaves New Jersey hospital's quarantine tent

A nurse who worked in West Africa with Ebola patients was released Monday afternoon after being quarantined through the weekend in an isolation tent at a New Jersey hospital.

Kaci Hickox had been symptom-free for 24 hours and was being taken to Maine, where she lives, the state Health Department said in a statement Monday. She left University Hospital in Newark around 1:20 p.m. in a private vehicle, according to hospital spokeswoman Stacie Newton.

A statement released by the office of New Jersey Gov. Chris Christie said health officials in Maine had been notified of her arrival and that they could decide on her treatment and monitoring from there.

Maine's protocols require her to be quarantined in her home in Fort Kent for 21 days after the last possible exposure to the disease.

Hickox complained about her treatment in New Jersey after she became the first person forced into the state's mandatory quarantine, announced Friday by Christie for people arriving at Newark Liberty International Airport from three West African countries.

"We are pleased that the state of New Jersey has decided to release Kaci. They had no justification to confine her," said Norman Siegel, the prominent New York civil rights attorney Hickox hired while she was quarantined.

THE ASSOCIATED PRESS

Oscar Pistorius

Prosecutors to file appeal papers

Prosecutors in the Oscar Pistorius case said Monday they will file appeal papers in the next few days against the verdict and sentence after the Olympic runner was convicted of culpable homicide and given a five-year prison term for killing his girlfriend. The decision by South Africa's National Prosecuting Authority could see Pistorius face a murder conviction again for shooting Reeva Steenkamp.

THE ASSOCIATED PRESS

Washington state

Teen dies days after shooting

A 14-year-old girl died two days after a student opened fire inside a Washington state high school, raising the death toll in the shooting to three, including the gunman, who killed himself as a teacher tried to stop him.

Gia Soriano died Sunday night, and her organs will be donated for transplant, officials at Providence Regional Medical Center Everett said.

THE ASSOCIATED PRESS

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Motor City. Judge to rule on plan for Detroit to get out of bankruptcy soon

A lawyer for Detroit has urged a judge to approve a plan to get out of bankruptcy, calling it a sweeping effort to revive the city by cutting billions in debt and putting more than \$1 billion US into better services.

Bruce Bennett summed up the city's case Monday, nearly two months after the trial started. Judge Steven Rhodes will decide next week whether Detroit's exit plan is fair and feasible.

Bennett calls it a "comprehensive" strategy "to solve some really bad problems."

Key elements include a 4.5 per cent pension cut for general retirees, who voted in favour earlier this year.

Detroit filed for bankruptcy in July 2013, the largest public filing in U.S. history. If the judge agrees, the city would like to be out before American Thanksgiving.

Judge Steven Rhodes will decide by next week whether Detroit's bankruptcy plan

Historic

Detroit filed for Chapter 9 bankruptcy protection in July 2013, becoming the largest U.S. city to ever do so.

- Detroit, which has lost 27 per cent of its population since 2000, can't afford to raise taxes to get more revenue, especially from poor residents, attorney Bruce Bennett said Monday.

- "It's self-defeating behaviour. ... No one would come here. They would look at the tax assessments and say, this will never end," he said.

is fair and feasible. It eliminates \$7 billion in debt, cuts general pensions by 4.5 per cent, pledges \$1.7 billion for service improvements and prevents the sale of valuable art. **THE ASSOCIATED PRESS**



Will you be Crazy in Love with Beyoncé's new exercise clothing line for Topshop?

Beyoncé and her husband Jay Z stand up at half time in the Champions League soccer match between PSG and Barcelona, at the Parc des Princes stadium, in Paris in September. Beyoncé announced Monday that she is working with British retailer Topshop to launch an exercise clothing company, Parkwood TopShop Athletic Ltd. It is a 50/50 joint venture. The clothing line will be available next fall. **CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE**

\$681M acquisition

Chiquita's deal with two Brazilian companies ripens

Chiquita has sealed a deal to be acquired by two Brazilian companies for about \$681 million US, with the U.S.-based banana producer expected to go private by the end of this year or early next. The deal comes just days after shareholders rejected plans to merge with Fyffes, another major banana producer, based in Ireland. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
88.98¢ (-0.04¢)

TSX
14,469.00 (-74.82)

OIL
\$81.00 US (-\$0.01)

GOLD
\$1,229.30 US (-\$2.50)

Natural gas: \$3.57 US (-\$0.05)
Dow Jones: 16,817.94 (+12.53)

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THE CASE OF THE FACE AND HOW WE DEBASE

In a week that saw the Ebola epidemic spread to the United States and the dramatic death of two Canadian soldiers, how is it that a movie star's red-carpet appearance still managed to soar to the top of trending lists at home and abroad?

In case you missed it (how did you miss it?) the Internet had a collective freakout last week over Renée Zellweger's face. The actress, who has been out of the spotlight for a few years now, was photographed at ELLE magazine's annual Women In Hollywood Awards in California exhibiting what many claimed to be an entirely unrecognizable new appearance.

Media outlets around the world criticized the 45-year-old star for altering her face beyond recognition. Plastic surgeons were recruited to weigh in on her new look. Blogs and morning shows were infiltrated with before-and-after images and scribbled diagrams to indicate where she might have had work done. The London



SHE SAYS
Jessica Napier
metronews.ca

Evening Standard in England went so far as to refer to the story as Facegate ... FACEGATE! That's right, a newspaper likened one of the greatest political scandals in American history to a woman's brow line.

Unfortunately, the actress felt pressured to release a formal statement on the matter in which she referred to the media coverage as "silly" (yeah, no kidding) and insisted, "I'm glad folks think I look different ... I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows."

Let's face the facts, shall we? (Sorry, I couldn't help myself.) Our beloved Bridget Jones is definitely looking a little different. However, the hows and whys of her new look aren't really a debate that any

of us should bother weighing in on. Despite the media outcry surrounding her appearance, Zellweger doesn't actually owe any of us an explanation, especially not the gossip-mongering

magazines that make a living exploiting the private lives of celebrities. Her personal decisions shouldn't make any of us feel cheated or betrayed, and they certainly shouldn't result in what the Daily Beast referred to as a "worldwide panic." I think the world has enough real problems to focus on without worrying about whether a celebrity opted for cheek fillers or Botox.

Hollywood is a bizarre micro universe that pressures women to look a certain way and then condemns them for actually trying to achieve it. You must look young and beautiful, but don't you dare try too hard or your efforts will become obvious. The backlash here is the result of this twisted reasoning; Zellweger, who won the hearts of moviegoers by portraying likeable characters we could relate to, is now guilty of aging in public, in a way that her fickle fans don't understand and consequently don't accept.

Fans of classic romantic comedy one-liners will remember that the charming Mark Darcy famously tells Bridget Jones that he likes her, just the way she is. Now if only we could say the same about the real-life woman behind the character.

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It took 25 years – but the future is finally here



ANDREW FIFIELD
andrew.fifield@metronews.ca

There's something about those Back To The Future hoverboards that sears their tantalizing promise into our brains. Because of that, of course, unscrupulous sorts have for years been dangling bogus announcements that they're on the way. Well, one company has finally opened the door and CNET was lucky enough to take the gadget for a spin. So far it handles like a slightly more agile Roomba, but I think I'm ready for some unfettered excitement. (CNET/YouTube)



SCREENGRAB

Twitter

@metropicks asked: A tie in a mayoral election was decided by a coin toss in a town in Peru. What's your out-of-the-box electoral reform idea?

@hfxgolfguy: rock paper scissors...

@seemetrolling: give elections and politics coverage as detailed and stats-oriented as we have for the NHL

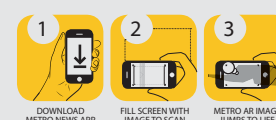
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DVD review



Begin Again

Director. John Carney

Stars. Mark Ruffalo, Keira Knightley

Music has the power to make us want to believe, which is why the blandly titled *Begin Again* often succeeds in spite of itself.

We want to believe Mark Ruffalo, playing a boozed-up and burned-out talent scout, is transported by the girlish warblings of Keira Knightley.

We want to believe writer-director John Carney can transport the feelings of his 2006 musical romance *Once*, with its Oscar-winning song *Falling Slowly*, from Dublin to New York.

Begin Again is much more calculating than *Once*, and there may not be a single memorable tune, but there's enough there to make you accept the characters and cheer for them.

Knightley transfers her movie-star charm to her club chanteuse act, while Ruffalo's likable loser routine manages to rise for an encore. Watch them joyously dance together in Times Square to Stevie Wonder's *For Once In My Life* and you get it.

Deliver Us From Evil

Director. Scott Derrickson

Stars. Eric Bana

Be very afraid when you see "inspired by" flash on the screen at the start of *Deliver Us From Evil*, a not-so-scary supernatural horror movie set in the Bronx. The subject in question is the real-life career of NYPD Sgt. Ralph Sarchie, a retired beat cop and demon chaser. If we actually had more of the sergeant's spark from Eric Bana, who plays Sarchie in the film, then *Deliver Us From Evil* might not have been DOA. Writer-director Scott Derrickson's efforts amount to just another dumb riff on *The Exorcist*.

PETER HOWELL

Minnie Driver as Fiona and Benjamin Stockham as Marcus in the television series *About a Boy*. GLOBAL

Minnie has a mother of a run as offbeat mom

Television. Minnie Driver gets maternal in unconventional ways on screens big and small

NED EHRBAR
Metro in Hollywood

Between her work on *About a Boy*, now in its second season, and in the upcoming film *Beyond the Lights*, Minnie Driver is giving something of a master class in questionable parenting styles. But her kooky new-age Fiona on TV is a lot less dangerous to her child's psyche than is her aggressive stage mom-manager to a pop star on the verge of a nervous breakdown.

It's interesting to see how different the TV show *About a Boy* is from the film.

I loved the movie a lot. I just watched it on the plane the other day. Toni Colette is so good in that film. But she just couldn't be that dark on TV. It's so beautiful how fragile she is psychologically and that whole notion of "no man is an island," which it's all built around. You have to have more than one person because of our fragility. But I take that sentiment into our show.

The movie was much more of a dramedy.

Definitely, definitely. Our show is a full-on comedy. With a heart!

A lot of people are approaching the show like a romantic comedy, with a "will they or won't they" aspect to Will and Fiona. Which is good. But anyone with an even basic understanding of satisfaction and psychology knows that if the "will they, won't they" was they will, they'd then lose interest and be disheartened and sad because they don't actually want that. What's fun is to watch the cat chase after the mouse and then the mouse fight back. It's not fun to see the cat and the mouse snuggled up in bed. That's fun for a minute, then it's boring and you have nowhere to go. So I would say the deliciousness is in the anticipation of how it would possibly shake down and watching them get there. But the notion of a really unusual family is what is interesting to me.

Also, the film can have its wonderful resolution for this group of people, but you need to keep a show going.

I think it's tricky, but if anyone can do it, Jason Katims can. And certainly where we're at in this season, they

Watch About a Boy

About a Boy airs Fridays on Global at 8 p.m. ET/PT, and is available online on Saturdays.

have me falling in love and having this big relationship, and it's super-awkward and dreadful and brings up all sorts of stuff for Will, all sorts of stuff for the kid. It's really interesting. But you do have to keep creating conflict, that's what makes it a comedy. And luckily they're conflicted people who are messy and imperfect. That's what you realize you need to tune in to. You want to see two characters coming at the same subject from completely different angles and they both need to be right and believe that they're right — until the point that maybe one concedes a little bit or the other concedes a little bit. And if that's the formula, then that's all right because you can write around that really cleverly and brilliantly for a long time, I think. Hopefully. I'd like to be doing it for a long time.

And how surprised were you by your younger co-star's sudden voice change? Oh my God, it was so funny. We laughed, we did laugh, bless his heart. I mean, poor

thing, he's just growing up on camera. It's not easy, it's awful. But he's so sweet, he's a great boy.

And in *Beyond the Lights*, you play a much different maternal figure: this cold, calculating stage mom driving her daughter to pop stardom and a meltdown. Reality television has kind of defined a caricature of that archetype, but for me she's got a bit of Svengali in her, a bit of the evil stepmother, a bit of the good mother. You take pieces of each of those and you weave it together. It was a really interesting playground. She encouraged her daughter to be the sexualized version — this cookie-cutter idea — of what it is men want to have sex with, what women aspire to be, what's on the cover of magazines.

That same behaviour might be seen differently if it were a father and son in a sports drama.

You're absolutely right. You frame it a different way and it becomes this story of courage and what it is to be a man. I think it is definitely a double standard. It's the way that we look at things. We don't examine what we're teaching our kids in terms of stereotypes and also how to turn things into a positive.

DiCaprio chimps out while dates skimp out

Leonardo DiCaprio knows how to party, and apparently that means wearing a chimpanzee mask.

A man believed to be DiCaprio was seen alongside Australian pal James Packer ushering a trio of women clad in skimpy Halloween costumes into a waiting SUV outside of Nobu in Malibu over the weekend.

For those playing along at home, while the men in the group were wearing casual clothing plus masks — the bare minimum of effort — the women were dressed up as Sexy Wonder Woman, Sexy Greek Goddess and Sexy Playboy Bunny (which is more than a little redundant, really).

Look, I know it's Halloween and all, but I don't see why celebrities like DiCaprio don't just do this all the time. Everyone knows the old baseball cap and sunglasses routine doesn't fool anyone.

'OK-looking' Helen Mirren is new face of L'Oreal

There's ain't nothing like a Dame. None other than Dame Helen Mirren has been named as the new face of L'Oreal and will be repping the cosmetics giant alongside Blake Lively, singer Cheryl Fernandez-Versini and model Lara Stone. Mirren, though, is more than happy to downplay her own appeal.

"I am not gorgeous and I never was, but I was always OK-looking and I'm keen to stay that way," she says. "I have always loved the L'Oreal Paris brand, and I hope I can inspire other women towards greater confidence by making the most of their natural good looks. We are all worth it."

Yeah, but if Mirren is just OK looking, what hope do the rest of us have?



Helen Mirren

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Catchy new song portrays Shia LaBeouf as a cannibal, with a nod to Citizen Kane

Here's something interesting (and that's putting it mildly). Musician Rob Cantor has composed and arranged a song called Shia LaBeouf, a thrilling tale of being lost in the woods and terrorized by the infamous actor and sometimes performance artist.

In the song, LaBeouf is cast as a sadistic cannibal. "He's almost upon you now and you can see there's blood on his face," Cantor speak-sings. "My God, there's blood everywhere!"

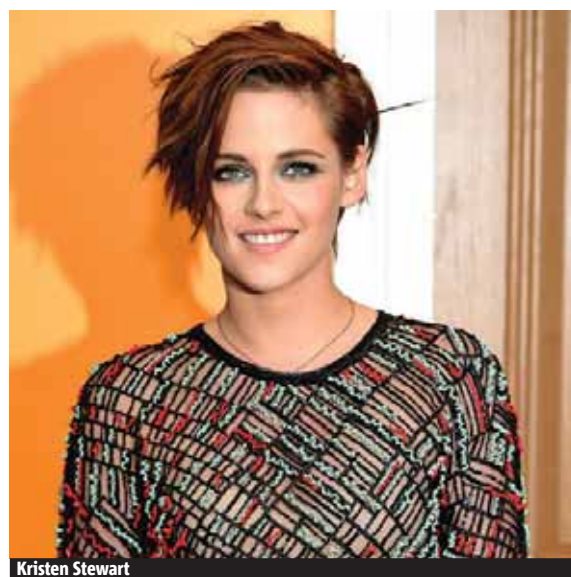
But that's just the song. The video for it, a live performance in a theatre space, features Cantor backed by a band, a string quartet, the West Los Angeles Children's Choir and the Gay Men's Chorus of Los



Shia LaBeouf ALL PHOTOS GETTY IMAGES

Angeles, plus choreographed dancers — some wearing giant papier-mâché LaBeouf heads — Kung fu fighters and aerialists.

There's even a twist ending, which is all the more delicious when you realize it's a visual reference to Citizen Kane.



Kristen Stewart

Kristen Stewart's lofty ego has childhood friends 'dropping like flies'

Kristen Stewart has changed, At least that's the line some of her anonymous "friends" are feeding Radar Online.

The former Twilight star, who recently announced she's "taking time off" from acting, has been putting on airs, apparently. "Kristen doesn't even resemble the person that we knew from

before she was with Rob (Pattinson). She used to be a very low-key, cool girl," a source gripes. "But her inflated ego has convinced her that even her childhood friends only want to hang out with her because of 'who she is.' It's really sad, and her friends are literally dropping like flies." Wait, literally? That sounds terrifying.

The Word

Is a pic with Oprah worth sacrificing a toe or two?



NED
EHRBAR
Metro in Hollywood

This probably isn't what Oprah Winfrey meant with her famous, "You get a car! And you get a car!" routine.

The media mogul's SUV ran over a woman's foot outside a Miami steakhouse.

"It has always been on my bucket list to meet Oprah, but I could never have imagined it would be because her driver ran over my toe," the victim, Lori Geller Bender, tells Page Six.

See, that's the thing about the Secret. You have to be specific, or who knows what will happen?

"We were crossing the street to arrive at the restaurant, and there were a lot of cameras. I could see a big crowd of security guards, and as soon as Oprah got into the car, it pulled out



from the curb and a wheel went over my foot. I was wearing heels, my toe was trapped under the wheel and I fell to the ground, hitting my coccyx and my head," Geller Bender says.

"The driver reversed off my foot and Oprah jumped out. She couldn't have been nicer and more gracious. She looked really shocked and asked me if I was OK, and took a good look at my foot. I wasn't hurt, and I

told her I was fine.

"Oprah said, 'Well, that's worth a picture,' and she put her arm around me and we took some photos."

OK, two things: As impressive as her resumé is, Winfrey is not an orthopedist, so I'd take her assessment of your injuries with a grain of salt. And two: I bet a lawyer would have a different opinion of what "that's worth," but what do I know?

Muffin Domestic Medium Hair

Ten-year-old Muffin is a striking tortoiseshell who is especially gorgeous. This lovely mature cat has known the joy of being a beloved family member until her owner had to give her up. Although she may seem a bit nervous initially, she is very friendly and will show her pleasure with head bunts and a big happy purr. Life can be unfair and that is why this sweet cat is with us but she is dealing admirably with the change in her situation. To help Muffin find a new forever home, her adoption fee has been reduced.



For more information on Muffin and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Grow a mo for men's health

A worthy cause. Men are still avoiding the doctor's office, but Movember wants to change that

VAWN
HIMMELSBACH
life@metronews.ca

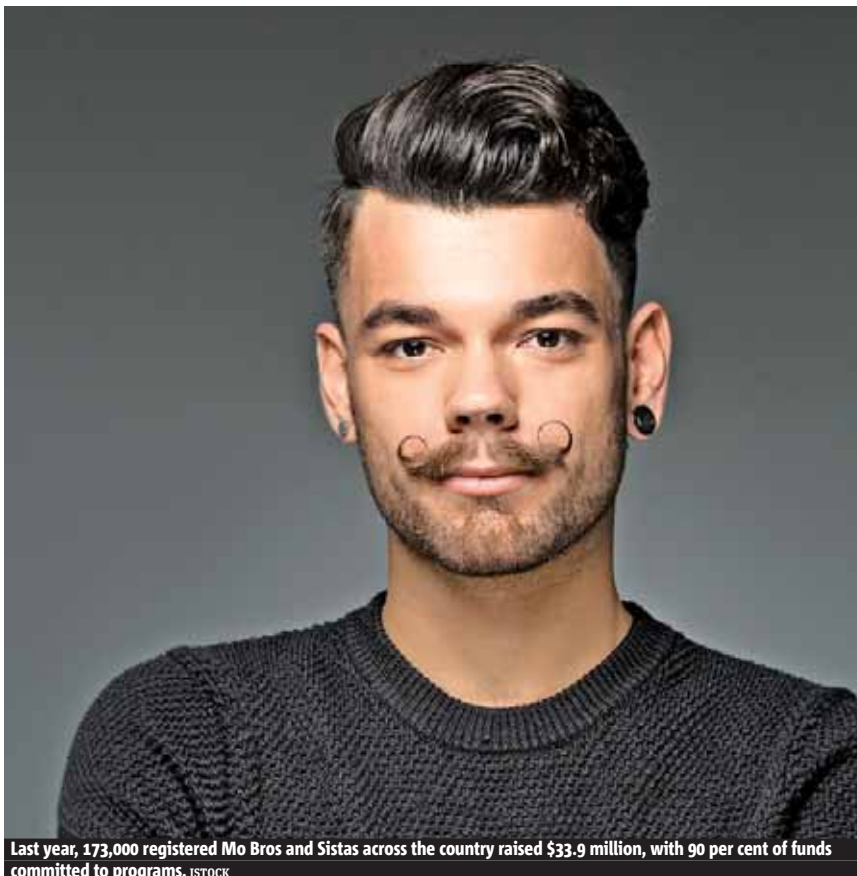
Starting next week, clean-shaven men will be stubbly, then scruffy before sporting full-blown handlebar 'staches. Yes, it's Movember.

The message behind Movember is to encourage conversations about men's health and raise money for prostate cancer, testicular cancer and mental-health issues. Participants, called Mo Bros, start with a clean-shaven face and grow a mo over the course of November — no beards or goatees allowed.

There's a need to have these conversations because men still shy away from going to the doctor. Women, on the other hand, come from a culture where they talk about their breast and menstrual health from an early age, and that's perfectly acceptable, says Peter Mallette, executive director of Prostate Cancer Canada's Atlantic Regional Office in Halifax.

Men's reluctance to visit their general practitioner is problematic, since early detection is so critical in fighting all cancers. And that's where campaigns like Movember come in.

"This is not just about the finger in the bum," says Pete Bombaci, country director of Movember Canada. "It is about a broader awareness of your health and the different components to diagnosing prostate cancer."



Last year, 173,000 registered Mo Bros and Sistas across the country raised \$33.9 million, with 90 per cent of funds committed to programs. ISTOCK

And the winner is...

Movember asked Canadians to submit innovative ideas that aim to disrupt long-held assumptions about men's health. On Oct. 19, the organization announced 15 winners from across the country, which represent a \$2.2 million investment in men's health.

- **Winner from Halifax.** Headstrong (Dalhousie University) is a project that will work with pharmacists to provide an accessible re-

source in the form of a "toolbox" for men in convenient spaces where they may frequent. Call-outs could include signage directed at these men next to potato chips or shaving items. The toolbox will use the accessibility, clinical knowledge and support that pharmacists provide to men with or concerned about mental health and addictions.

"If a guy is talking about anything below the belt, he's usually lying or boasting," says Mallette. "I'm convinced

a lot of the men who show up at a doctor's office for a

prostate exam are there because a woman has made the appointment for them. We just don't think it's going to happen to us."

But one in eight men are diagnosed with prostate cancer each year — and about 4,000 men in Canada will die from it — making it more prevalent than breast cancer.

If it's detected early, however, it's almost always treatable and survivable. The challenge is getting men to get screened.

Mallette is one of those survivors. "Prostate cancer is not an old man's disease," he says. "I was in my 40s. Younger and younger men are being diagnosed. Our position is when you turn 40, you should start having that conversation with your doctor ... especially if there is a genetic link in your family."

Men between the ages of 20 to 50 are usually deeply invested in work and family, and unless there's a big red flag, they tend not to seek help because of the assumption that everything is going well, says Dr. John Oliffe, a Mo Bro and professor at the University of B.C.

"Prostate cancer is a classic example — very few men have symptoms."

So once it becomes symptomatic, the disease has likely advanced. Those side effects include urinary incontinence and issues relating to sexual function and "guys just don't want to think about it," Mallette says.

"This isn't going to change in one year," says Bombaci. "This is going to take many years of men growing moustaches, (but) we will win this battle together to reinforce with men that it's OK to not be invincible and it's OK to seek help when you're not feeling well."

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TOP SIX @ 6 Weeknights at 6 Jillian counts down the HOTTEST songs of the day

101.3 THE BOUNCE

- 6 Calvin Harris ft John Newman Blame
- 5 Gwen Stefani Baby Don't Lie
- 4 Nick Jonas Jealous
- 3 Ed Sheeran Don't
- 2 Taylor Swift Shake It Off
- 1 Jeremih ft YG Don't Tell 'em

1013TheBOUNCE.com | info@1013thebounce.com

Beef sauce that tops tonight's pasta is the filling for next week's burrito

Health Solutions

Give leftovers a second life



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I never met a leftover I didn't love.

They are simple second suppers that make week-nights go smoothly as long as you follow a few rules.

Some rules pertain to consuming food safely, which is your top priority. Others just offer a spoonful of sugar to help them go down with your family.

If you are on your own or part of a duo, this concept will be your best friend because it allows you to make the biggest effort once and enjoy the fruits of your labour all week!

Safety

- Consume within 2-3 days or freeze for 3-5 weeks.
- Reheat only once! If you don't finish that portion, you must throw it out.
- Cool in small containers in the fridge as quickly as possible. Large, deep containers can hold the heat long enough to allow dangerous bacteria to grow.

Culinary

- Have a handful

of simple, mildly flavoured entree recipes that can be adapted.

- Never serve exactly the same thing two nights in a row (that is a "leftover," yuck).

- Repurpose cooked food creatively: Salmon goes into a salad, a sandwich or is tossed in pasta. It's boring just reheated. Steak is great chopped into fajitas. Chicken is lovely spiced up and tossed with focaccia, olives, tomatoes and cucumber to make a Tuscan salad. You get the idea.

Flavours

- Stick with world regions. For instance: If it starts out with Mediterranean tastes, the second supper should stay within that part of the world. A tomato-sauce roasted chicken leg won't turn into an Asian stir fry all that easily. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



This recipe serves eight. THERESA ALBERT

Better Spaghetti. Make more than you need, but get creative and don't fall into the traditional leftover trap

This dish is foolproof and all of **THERESA ALBERT**
myfriendinfood.com

the veggies virtually disappear into the sauce since they're grated. Double or triple this batch and store in small containers so you can use it in a variety of ways.

Second suppers

Wrap in burritos; serve with taco chips and salsa and melt with cheese as nachos; add a can of pinto beans and 1 tablespoon of chili powder, serve with roasted vegetables as chili.

Ingredients

- 3/4 lb extra lean ground beef
- 1 whole onion
- 2 whole carrots
- 1 whole green or red pepper
- 3 cloves garlic
- 1 tsp grapeseed oil
- 1 tsp Italian seasoning
- 1 tsp fennel seed, optional
- 1 can pumpkin
- 18 oz tomato sauce
- 1 can tomato paste
- 1 cup red wine, optional
- 1/2 cup flax seeds, ground

1. Brown meat and drain all fat through a strainer, run under hot water.

2. Grate onion, carrots, green pepper, and garlic.

3. Use the same pot and drizzle oil into it to cook onion, carrot and green pepper, add back ground beef. Stir in garlic, dried herbs and stir. Add pumpkin, tomato sauce and paste and simmer to heat through.

4. Add wine if using and allow to simmer for at least 20 minutes, best if over an hour. Stir in flax seeds. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Pesto, the next generation

Pesto doesn't have to be made with basil — this version uses coriander, with sunflower seeds in place of the pine nuts.

1. In mini food processor, process garlic and sunflower seeds until chopped. Add coriander, oil and salt; process until finely chopped. Add 1/4 cup (50 ml) cold water; process into paste.

2. In saucepan of boiling salted water, cook pasta 10 minutes or until tender but firm. Drain, reserving 1/2 cup (125

ml) of cooking water. Leaving pasta in colander, place reserved pasta cooking water, coriander pesto and tomatoes in pasta saucepan; stir to mix.

Return hot pasta to saucepan; toss to coat with sauce. Transfer to serving bowl. Garnish with coriander sprigs.

PRESIDENT'S CHOICE

Ingredients

- 2 cloves garlic, peeled
- 1/4 cup (50 ml) salted roasted sunflower seeds
- 3 cups (750 ml) lightly packed coriander leaves and tender stems
- 1/4 cup (50 ml) PC Blue Menu Omega Oil
- Pinch salt
- 1/4 cup (50 ml) cold water
- 1 pkg (375 g) PC Blue Menu Fettuccine with Fibre
- 1 cup (250 ml) quartered cherry or grape tomatoes

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Royals' World Series hopes rest with rookie

MLB. Ventura will take mound vs. Peavy to try to extend Fall Classic to deciding game in K.C.

The Royals turn to a 23-year-old rookie to save their season, but not just any 23-year-old rookie: The hardest-throwing starting pitcher in the major leagues.

Yordano Ventura gets the ball Tuesday night with the Royals trailing 3-2 in the World Series, the same position they were in when they sent Charlie Leibrandt to the mound against St. Louis 29 years ago. Kansas City won 2-1 that night on pinch-hitter Dane Iorg's two-run single in the ninth after a blown call by first base umpire Don Denkinger, and the Royals went on to crush the Cards 11-0 a day later for their only title.

"We have a lot of confidence in Ventura. We have confidence that we will win every time he takes the mound," Royals first baseman Eric Hosmer said. "We know we can do it. We're a confident group. But we can't do anything without winning Game 6. We're excited to get back home, where we feed off the fans and that energy."

In a rematch of Game 2, the Giants go with 33-year-old Jake Peavy. Ventura, whose fastball averaged 98 m.p.h. this season, didn't get a decision in the second game, allowing two runs and eight hits in 5-1/3 innings before Royals manager Ned Yost went to his hard-throwing HDH relief trio. Kelvin Herrera, Wade Davis and Greg Holland combined to allow one hit — Brandon Crawford's two-out single in the ninth — and the

More MadBum to come?

Madison Bumgarner's dominant performances in Game 1 and Game 5 has put San Francisco one win away from for another parade down Market Street.

- Bumgarner, who has gone 4-0 in four career World Series starts with an 0.29 ERA, could emerge from the bullpen to help out in Game 7 if necessary.

Royals won 7-2.

Peavy took the loss, giving up four runs and six hits in five innings-plus. He is seeking his first World Series win.

"He's one of the tough guys out there on the mound," Giants third baseman Pablo Sandoval said. "He wants to finish it Tuesday."

The second all-wild card World Series has followed the pattern of the first in 2002. The Giants won the opener on the road, lost the next two games and won two in a row to take a 3-2 lead. San Francisco opened a 5-0 lead in Game 6 at Anaheim but lost 6-5, and the Angels won Game 7 the following night.

Yost hopes history repeats and Ventura is energized by the Kauffman Stadium crowd.

"The place is going to be absolutely crazy," he said. "We've got to walk the tightrope now without a net, but our guys aren't afraid of walking the tightrope without a net. We fall off and we're dead. But we win Tuesday, nobody's got a net. It's going to be winner take all. So we think it's going to be fun."

THE ASSOCIATED PRESS

Soccer. Canadian women steer clear of 2015 turf war

Canada's women's soccer team is refusing to get involved in the turf war surrounding the 2015 Women's World Cup.

Earlier this month, a coalition of international star players, including Abby Wambach of the U.S. and Marta of Brazil, filed legal action with the Ontario Human Rights Tribunal seeking to have games played on grass rather than artificial turf.

The women are alleging discrimination, arguing that the men would never play their

World Cup on an artificial surface.

"Honestly, it personally doesn't affect me, and I don't think it affects anyone on the team," veteran Canadian striker Melissa Tancredi said Monday. "I know that we have something special here, and all that external stuff is happening, and that's fine."

"It has nothing to do with us. We just know that we're here to perform. Whatever surface you give us, we're going to perform." THE CANADIAN PRESS



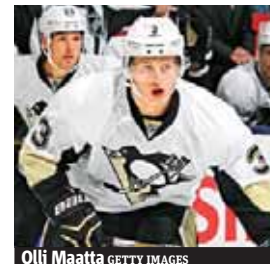
The low-scoring Royals have to be hoping Yordano Ventura has his best stuff when he takes the mound for Game 6 of the World Series on Tuesday night in Kansas City. So far this post-season, the 23-year-old rookie has compiled a pedestrian 4.42 ERA in 18 innings pitched. Each of his three starts have been no-decisions. CHARLIE RIEDEL/THE ASSOCIATED PRESS

NHL. Penguins' Maatta to have thyroid surgery

Pittsburgh Penguins defenceman Olli Maatta will have thyroid surgery next week to remove a potentially cancerous tumour.

The tumour was discovered during a pre-season physical. Maatta underwent further tests before team doctors came to a diagnosis. He is scheduled to miss four weeks but is cleared to play until the surgery.

"I feel fine," Maatta said. "The only thing that's different is now I know that I have a cancer. It's tough news but I really



Olli Maatta GETTY IMAGES

don't think it has affected me much."

THE ASSOCIATED PRESS

NHL

Halifax's O'Brien scores first NHL goal for Capitals

Liam O'Brien wrote another chapter in his NHL story Sunday night, scoring his first career goal for the Washington Capitals in a 4-2 loss to home team the Vancouver Canucks.

The 20-year-old forward deflected a shot from defenceman Mike Green into the net at 17:18 in the second to narrow the gap to 3-2 heading into intermission at Rogers Arena.

"Nice play by Green to me, a little indirect tip to the net," O'Brien said after the game.

O'Brien wasn't drafted into the NHL, but as a free agent signed a three-year contract with the Capitals worth \$550,000 in his rookie year and \$575,000 for the following two, if he stays in Washington.

He was drafted 10th overall in the 2010 QMJHL draft by the Rimouski Oceanic, but was twice traded, first to the Rouyn-Noranda Huskies and most recently to the Sherbrooke Phoenix, where he started this season.

KRISTEN LIPSCOMBE/METRO

NBL Canada

Rainmen rumble past Miracles to start pre-season

The Halifax Rainmen started their pre-season with a win on the road, edging the Moncton Miracles 108-106 on Sunday.

Rainmen returnee Mike Martin scored 24 points, while rookie Seiya Ando added 18 points in his debut on the court with Halifax.

On Moncton's side, Matt Hunter notched 14 points, while Tyler Murray and Stanley Robertson both chipped in 13 points.

Halifax hosts its next pre-season game Friday against the Prince Edward Island Storm at the Scotiabank Centre. Tip-off for the first annual Halloween Kids School Day Jam is at 10:30 a.m.

The Rainmen also announced Monday a new partnership with Nova Scotia clothing company East Coast Lifestyle, for new merchandise available for fan purchase soon.

KRISTEN LIPSCOMBE/METRO

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You will know without understanding how you know when others are lying today. Act on your instincts when the alarm bells start to ring.

♉ Taurus

April 21 - May 21

Give yourself plenty of time to do the things that you want to do. The more others try to pin you down to plans that are not of your choosing the more loudly you should say "no".

♊ Gemini

May 22 - June 21

You will find out things about a friend or colleague that you had not even guessed at. Seems they have hidden depths — just like you.

♋ Cancer

June 22 - July 23

Refuse to settle for the same old way of doing things. Something you see or hear will make you realize there are many ways you can make life more interesting.

♌ Leo

July 24 - Aug. 23

A sudden insight into a money issue will convince you there is nothing to get worked up about. But others won't be so lucky. Do what you can to calm them down.

♍ Virgo

Aug. 24 - Sept. 23

Whatever else you do today don't get caught up in petty arguments — save your energy and passion for the really important things.

♎ Libra

Sept. 24 - Oct. 23

You must find ways to balance your head and your heart. If your inner voice urges you to be cautious, don't you dare ignore it.

♏ Scorpio

Oct. 24 - Nov. 22

A project you were once keen on is clearly not going to go any further so the sensible thing to do is to junk it altogether. Learn what you can from it and move on.

♐ Sagittarius

Nov. 23 - Dec. 21

The planets indicate you can be a force for good over the next few days. How? By acting according to your highest principles.

♑ Capricorn

Dec. 22 - Jan. 20

You must deliver on a promise you made a while ago, even if it means you have to change your plans. Your reputation could nosedive if you fail to deliver.

♒ Aquarius

Jan. 21 - Feb. 19

Just because you failed to reach a target does not mean you are a failure. Pick yourself up, dust yourself down and try again.

♓ Pisces

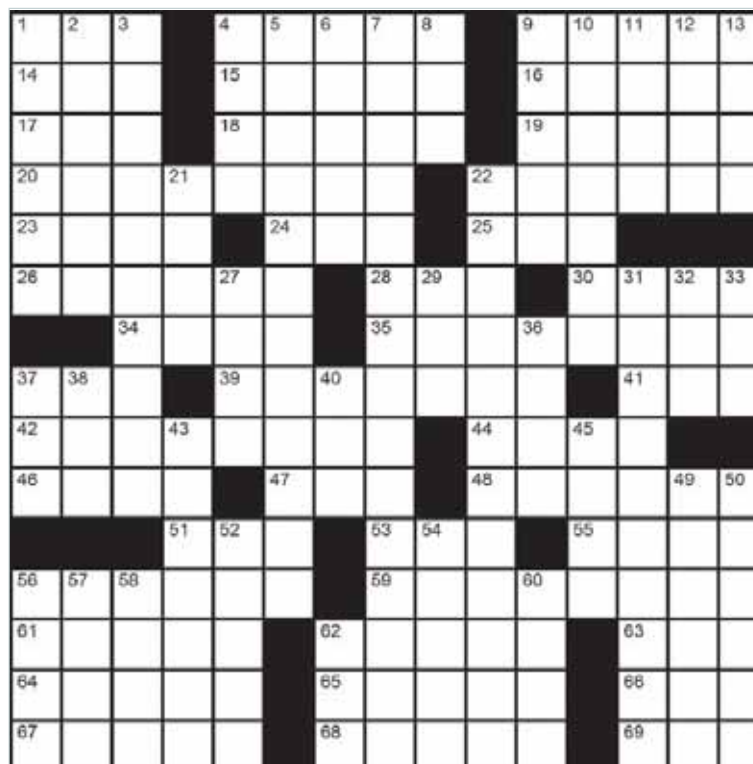
Feb. 20 - March 20

Don't worry too much about how you are going to do what has to be done, just greet the day with a smile and let your intuition guide you.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "Chicago Fire" station
4. Instants
9. Athletic trivia
14. Songstress Rita
15. Many ___ ago...
16. "The Color Purple" (1985) character
17. Rocky hill
18. Sorrow
19. Mr. Sharif's
20. "Oh, never mind then.": 2 wds.
22. Printers make them
23. Sony co-founder Mr. Morita
24. Goblin's head?
25. Pre-Nixon Pres.
26. Callum Keith __, Canadian actor
28. Camel hair garment
30. Auctions: "Going ___"
34. Will of "The Waltons"
35. Easy-going
37. Illuminated
39. Notoriety
41. "La ___ en Rose" by Edith Piaf
42. People from Halifax's province, Nova ___
44. Ms. Hatcher
46. Mylene __-Robic, Canadian actress
47. Pre-U queue
48. Stature
51. East: German
53. Peer Gynt's mother



55. "Dynamite" by __ Cruz
56. Comfy fireplace feeling
59. Eddie Murphy's movie Dr. role
61. Sprang up
62. Songstress Ms. Simone's

63. Cousin on "The Addams Family"
64. Crouch
65. Ancient attractions
66. Q. "Does 'B' come first?" A. "___, '___' does."
67. Church songs
68. Brazilian author, Jorge __

69. Economic fig.

Down

1. Fairly close: 2 wds.
2. Ms. Shields
3. Adam __, #43-Down's character on '80s soap "Dynasty"
4. B.C.-mined stone
5. "One More Astronaut" band: 3 wds.
6. Fancy-sounding manuscript
7. Investors Group Field, for the Winnipeg Blue Bombers: 2 wds.
8. Grad-to-be, briefly

9. Shaggy's dog, for short
10. Gig from a placement agency.: 2 wds.
11. Jai's pal
12. Michelin product
13. Legis. meeting
21. GWTW part
22. Be an explorer in early Canada, discover some new place, do this for your King: 3 wds.
27. Yesterday, in Italy
29. Sheep's call
31. The Oil Man and the Sea: __ the Northern Gateway (2014 Governor General's Literary Awards finalist)
32. Nero's 201
33. Just manage, ___ out
36. Music: __-Lite
37. Psychedelic drug
38. Here: French
40. Belonging to a Canuck train co.
43. Ottawa-born actor, Gordon __
45. "Hud" (1963) director Martin
49. Hotels name
50. Dancer's move
52. Instructions increments
54. Ms. Braga
56. Laundry
57. Creative
58. Space
60. "This ___ sudden!"
62. Firearms org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Conceptis Sudoku

By Dave Green



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UP TO **0%** PURCHASE FINANCING¹ FOR **84** MONTHS + **5%** CASH BACK²
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Limited model shown

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CITY: 9.2L/100 KM

0% PURCHASE FINANCING¹ **84** MONTHS + **\$1,362** UP TO 5% CASH BACK PRICE ADJUSTMENTS²

STEELE HYUNDAI IS ATLANTIC CANADA'S #1 CERTIFIED HYUNDAI DEALER!

GLS model shown
HWY: 5.2L/100 KM
CITY: 7.6L/100 KM



2014 Accent
"Highest Ranked Small Car in Initial Quality in the U.S."³

2014 ACCENT 5DR

0% PURCHASE FINANCING¹ **84** MONTHS

+ \$1,037 UP TO 5% CASH BACK PRICE ADJUSTMENTS²



THE ALL-NEW 2015 SONATA

0% PURCHASE FINANCING¹ **60** MONTHS

+ \$1,825 UP TO 5% CASH BACK PRICE ADJUSTMENTS²



WHEN EQUIPPED WITH FORWARD COLLISION WARNING. For more information visit www.iihs.org



HWY: 7.8L/100 KM
CITY: 11.1L/100 KM

2014 SANTA FE SPORT

0% PURCHASE FINANCING¹ **60** MONTHS

+ \$2,045 UP TO 5% CASH BACK PRICE ADJUSTMENTS²

**STEELE HYUNDAI,
REAL PEOPLE,
REAL VALUE!**

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¹Price adjustments applied after taxes. ²OAC. While quantities last. May not be exactly as shown. See dealer for details. ³Get up to 5% in cash back on select models. Cash back applied to reduce purchase price. ⁴Offer ends October 31, 2014 or while supplies last.